

Blissful baking in Millbrook

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People will often use the phrase “the greatest thing since sliced bread” to describe something amazing. But to a true baker, sliced bread is anything but great.

“You lose the freshness when you slice it,” says Jim Chappuis of My Little Bakery. “That’s why they add a lot of chemicals.”

Chappuis makes his bread the old-fashioned way in the small bakery tucked into the shops at Millbrook. Since October, he has been churning out about 100 loaves of bread a day, varieties such as sourdough, multi-grain, focaccia and rye.

“There’s nothing you can’t pronounce here,” pointing to a list of ingredients. “I could make this bread in half the time if I wanted to use additives or machines, but it wouldn’t taste the same.”

Chappuis first learned about good bread (and developed a disdain for the store-bought, pre-sliced variety) from his father, who was from France.

“He always complained he couldn’t get good bread here,” he said.

When Chappuis was 14, he got his first job at a bakery across the street and was smitten with the world of yeast and flour.

“I saw all that dough and machinery and just fell in love with it,” he said.

In college, he would work at a bakery in the morning and then go on to classes. After culinary school, he got a job at the Four Seasons as a baker and pastry chef.

He actually left the world of food for a while to work an office job. But when the economy turned, the longtime Duxbury resident decided to return to his first love.

For now, Chappuis is truly a one-man operation. He’ll start some of the dough the day before, and will arrive at the bakery at 4 a.m. to begin mixing ingredients for that day’s creations. His tools are simple: just a long wooden table, a massive oven imported from Italy, and an enormous stand mixer he obtained via craigslist from a bagel shop in New York City.

Although the ingredients are simple, there are a lot of other things that go into a great loaf of bread. For example, he checks the weather every morning for things like humidity.

“Today is warmer than yesterday, so the breads are coming out different,” he said.

The loaves come out of the oven between 9:30-11 a.m.

“That way it’s all fresh,” he said.

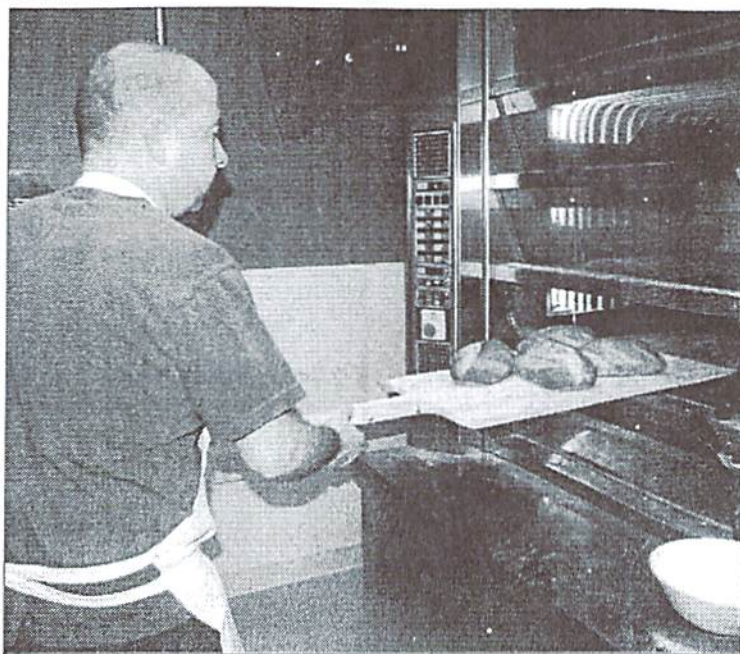
He creates between seven and eight varieties of bread per day. Some are simple like a white pan bread, while others like the ciabatta or a special chocolate and cinnamon bread he makes only on the weekend are more complicated. He is particularly proud of his sourdough breads — the starter for which he has been feeding and cultivating for 14 years.

For now, he’s keeping things simple and sticking to bread — although he does offer a few other baked goods like cookies. Chappuis said he had a lot of support from his family while setting up the business, and praised his Millbrook neighbors. He said he’s happy to be part of a culinary revival in Duxbury.

“It’s a nice little area. I think Duxbury now has great food,” he said.

As for the office life? He doesn’t miss it one bit.

“When I come in in the morning, it’s peaceful,” he said.



Chappuis takes a few Rye loaves out of the oven. He doesn’t make every variety every day — for example, Fridays are “Rye Fridays” — but he does have some staples like multi-grain and sourdough.



Jim Chappuis of My Little Bakery recently returned to the world of baking after years at an office job. His shop in Millbrook offers fresh baked breads in several varieties.

MY LITTLE BAKERY

Address: 282 St. George St.

Phone: 781-934-2352

Hours: Closed Monday-
Tuesday. Wednesday-
Saturday, 10 a.m.-6 p.m.;
Sunday, 10 a.m.-3 p.m.

Features: Freshly baked
bread and cookies every day,
all-natural ingredients

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